



# Gyms & Fitness Centers

(including indoor recreation centers, yoga studios, dance, tumbling, indoor sports, etc.)  
Utah's Low Risk Phase Guidelines



## Moving to yellow

A color-coded health guidance system has been developed by the State of Utah to guide health behaviors for individuals and businesses. Each level of the dial is guided by a rigorous measurement system which can be different by each region, county, city, or community.



### Fitness centers and gyms are open with some distancing and cleaning guidance

- Follow all employer guidelines (see below)
- Employees must go through symptom checking before every shift, including temperature. Log must be kept and available for inspection by health department
- Employees working within 6 feet of patrons must wear face coverings
- Patrons of different households must maintain 10 feet of distance at all times (limit the number of patrons, space or close off equipment accordingly)
- Make chemical disinfectant supplies available throughout the establishment and post signs encouraging patrons to thoroughly disinfect equipment after use

### Pool guidelines

- Pools are opened at a capacity that enables 6' social distance to be maintained at all times
- 6' social distancing is maintained on pool deck and in pools
- Lap swimming resumes to normal capacity
- Swim team and swim lessons are allowed as long as social distancing is allowed on pool deck
- Maintain signage that encourages social distancing guidelines to be met at all times

### General Employer Guidelines

Employers encourage flexible working arrangements (rotating shifts, remote work, etc.). Comply with distancing guidelines. Increased cleaning regimen of high-touch areas. Monitor employees for symptoms and well-being.

- All businesses open
- Employers take reasonable precautions
- Provide accommodations to high-risk employees; minimize face-to-face contact, assign tasks that allow these individuals to maintain a 6-foot distance from other employees or customers, implement flexible work hours or staggered shifts, allow high-risk individuals to work remotely
- Symptom\* checking in business interactions
- Face coverings worn in settings where other social distancing measures are difficult to maintain; ensure that face coverings are available
- Encourage remote work when possible; employers exercise discretion with returning to onsite work
- Workplaces comply with distancing and hygiene guidelines
- Limit unnecessary travel
- Require employees to self-quarantine when returning from high-risk\*\* areas
- Employers evaluate workforce strategy and concerns and enact strategies to minimize economic impact
- Employers must not allow any individuals under isolation or quarantine to come to work at any time unless authorized by LHD

\* Symptoms include fever of 100.4 degrees Fahrenheit or above, cough, trouble breathing, sore throat, sudden change in taste or smell, muscle aches or pains

\*\* <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html#travel-1>

